



Want more Energy? Try Qigong!

Qi (or “chí”) is life force energy.

Gong means practice or cultivation.

Qigong is an ancient Chinese healing energy practice that utilizes standing postures, breath and very gentle movement to cultivate life force energy in the body. This is a deeply relaxing and restorative class that is suitable for all bodies and levels of fitness.

Join Qigong instructor,
Sandy Mighell

Wednesdays

11:45am – 12:45pm



AURORA STRONG RESILIENCE
CENTER
1298 Peoria Street
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Health Benefits of Qigong: increased energy, better blood flow, improved athletic performance, more restorative sleep, clear and tranquil mind, more efficient metabolism, happy attitude, intuition and creativity awaken